

AVOCADO BLACK BEAN ENCHILADAS

Ingredients:

- 2 large avocados, diced
- 1 (15.5 oz) can no-salt-added black beans, drained & rinsed
- 1 1/2 cups reduced-fat shredded cheddar cheese, divided
- 1 large red bell pepper, diced
- 1 medium jalapeño, finely diced
- 1/2 tsp cumin
- 1/2 tsp chipotle pepper powder
- 1 (10 oz) can red enchilada sauce
- 10 corn tortillas
- 1 cup plain non-fat Greek yogurt
- 1/2 cup chopped fresh cilantro

Preparation:

1. Preheat oven to 350°F.
2. In a medium bowl, combine avocados, black beans, 3/4 cup cheese, peppers, cumin & chipotle powder. Toss to combine.
3. In a large casserole dish, pour half of the enchilada sauce. Spoon avocado mixture into the center of tortilla. Roll it up & place seam side down in the baking dish. Repeat for all tortillas. Top with remaining enchilada sauce & cheese. Reserve leftover avocado mixture for garnish.
4. Bake 20 minutes or until cheese is melted & sauce is bubbling.
5. To serve, top with yogurt, cilantro, leftover avocado mixture.

30 Min | Serves 5

Nutrition Facts	
5 servings per recipe	
Serving size	2 enchiladas(363g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	33%
Sodium 620mg	27%
Total Carbohydrate 46g	17%
Dietary Fiber 12g	43%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 530mg	40%
Iron 3mg	15%
Potassium 796mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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